

Soldiers support Special Olympics

Sgt. Jason Stadel
2nd BCT Public Affairs

More than 120 Special Olympic athletes from Fort Stewart and surrounding schools participated in the annual Winter Special Olympics held at Marne Lanes here, Dec. 12.

Installation Soldiers came out in droves to volunteer and provide moral support to the athletes as they bowled. Youth Challenge and civilians also volunteered at the games.

Mavis Crowell, Fort Stewart Exceptional Family Member Program manager, was the organizer of the event. She said the success of the competition rested on the Soldiers who volunteered.

"If we don't have the support from the Soldiers this would be hard for us to do," Crowell said. "For them to take their time and assist these athletes shows where their heart really is."

The Olympics kicked off with the arrival of the athletes. They were showered with cheers and applause from the volunteers as they entered the lanes and readied themselves for a day of bowling. After a short opening ceremony, the athletes took to the lanes with the support of the volunteers.

Most of the Soldiers said the choice to volunteer was easy.

"It's important to give back to the community so we can show our appreciation for their support of us and our Families," said Spc. Jillian Riordan, Company F, 26th Brigade Support

Battalion, 2nd Brigade Combat Team. Company F, 26th BSB is the forward support company for 1st Battalion, 30th Infantry Regiment.

"This gets us out here to see the people that we're fighting for," Riordan added.

Bowling with support from the Soldiers was something the athletes have looked forward to.

"This is a big day for them," said Kate Eminhizer, a teacher from Frank Long Elementary. "They don't always get to go on field trips, so they are very excited to participate in the bowling."

"The quality of volunteers that we get from Soldiers is great," Eminhizer said. "You can really see the enthusiasm when they are out there."

The Soldiers that volunteered were rewarded with nothing more than the satisfaction they received from the athletes; but that didn't seem to bother most.

"There's no medal involved," said Staff Sgt. Michael Hendricks, Headquarters and Headquarters Company, 1/30th Inf. "It's very self rewarding; you should feel good about yourself."

Hendricks said volunteering is also beneficial to the Soldiers as well as the athletes.

"This is a good opportunity to take a break from the daily grind."

This was the seventh straight year that Fort Stewart has hosted the Winter Special Olympics.



Photos by Sgt. Jason Stadel

Specialist Aaron Starkweather, HHC, 1/30 Inf., and Holland Cupp wait to see how many pins Cupp knocked down, Dec. 12.



Joyce Garcia, a Special Olympic athlete is assisted by Pvt. Shawn Brewer, HHC, 1/30th Inf., at Marne Lanes, Dec. 12.

Left: Specialist Jillian Riordan, Co. F, 26th BSB, 1/30th Inf., 2nd BCT, visits with Alexander, an athlete who participated in the Special Olympics held at Marne Lanes Dec. 12.

603rd smokes 160th, 70-62 in B-ball action

Kaytrina Curtis
Hunter Public Affairs

Intramural sports are alive and well on Hunter Army Airfield and from the stands Dec. 15, fans had a birds-eye view of the round-ball action at Tominac Fitness Center. Audience members witnessed a match-up pitting Soldiers of 3rd Battalion, 160th Special Operations Aviation Regiment, U.S. Army Special Operations Command, against Soldiers of Co. A, 603rd Aviation Support Battalion, Combat Aviation Brigade.

Both teams came out at the tip-off strong with 3/160th taking the first possession. But even with the opportunity there 3/160th could not seem to gain momentum. The 603rd took advantage of the 3/160th's many turn-overs and foul trouble, which kept the Soldiers of the 603rd at the file line.

At the half, 603rd was up by 20 points, 41-21. The set back seemed to put some steam into the 3/160th Soldiers' shoes and they came out smoking down the court.

Yet to no avail, the 3/160th Soldiers took home a loss giving the 603rd their second victory in a row with a final score of 70-62.

Games like these give some Family Members the chance to show their support, not only for their loved ones, but for the other teammates as well.

"It gets their minds off of the stress at work and gives them something fun to do," said 3/160th Family Member, Sylvia Harris.

Harris said she enjoys coming out to the games in support of her husband. She said that being involved in intramural sports helps the Soldiers relieve stress from work and also gives Soldiers something fun to be involved in.

Kaytrina Curtis

Right: Stephan Waller takes the ball to the hoop as Luis Rosado looks on during an intramural basketball game at Hunter's Tominac Fitness Center, Dec. 15.





Sgt. Jason Stadel

A volleyball player from Co. E, 1/30 Inf., digs a ball during a match Dec. 13 at Newman Fitness Center.

Battle Boars hold organizational day

Sgt. Jason Stadel
2nd BCt Public Affairs

In an effort to build unit morale and camaraderie, Soldiers and Families of 1st Battalion, 30th Infantry Regiment, 2nd Brigade Combat Team took part in an organizational day Dec. 13.

"The purpose of the organization day is to give the Soldiers and their Families an opportunity to relax and enjoy themselves while interacting with other Families within the battalion," said Capt. James

Anthony, Company C, 1/30th Inf. commander.

Soldiers and their Families competed in frisbee football, volleyball, basketball and racquetball at Newman Fitness Center. Families that didn't participate in sports socialized and played games at Corkan Family Center.

"Events and unit social groups help build esprit-de-corps not only among the Soldiers but Family Members as well," Anthony said. "Events such as organizational day, groups for spouses, as well as the (Better Opportunity for Single Soldiers) program all

galvanize unit teams."

In addition to the spirit of competition, Anthony said one of the main purposes of the event was to make sure Soldiers and their Families feel like they are part of the battalion team.

"The Families are vital to our organization as are our Soldiers. It is our job as leaders to take care of our Soldiers and also to oversee the care of their Family Members. When leaders involve the Family Members in social events such as this, we reinforce the Soldier's support system," Anthony said.

Jake's Body Shop: Exercise - the best stress buster

Jake Battle
DMWR Fitness Coordinator

Many people find themselves stressed out because of the pressures of today's society. But there is a way you can relieve stress: exercise.

According to Kansas State University physical education and leisure studies Professor Karla Kubitz, exercise can help people cope better with stress, especially psychological stress.

In the study Kubitz conducted, she found that people who exercise regularly recover faster from psychological stress, and their bodies are more efficient in responding to stress.

Make the most of weekends

Exercising on a regular basis is the best way to deal with stress, but Kubitz says people who only exercise on the weekends or sporadically can also cope better with stress than people who do not exercise at all. She

says even with a little exercise, people are at least using the stress response system, which gives the body a chance to clean out the pipes, in a sense.

Kubitz says the reason exercise helps us cope better with stress has to do with hormonal changes in our bodies.

When under stress, the body produces hormones that cause the heart to beat rapidly. Exercise strengthens the heart, which in turn helps the heart to beat slower and better handle stress.

2008-2009 ROCKY CONFERENCE

Date	Time	Field	Teams
Jan. 7	6:30 p.m.	1	Co. B, 1/41 FA vs 92nd Eng.
	7:30 p.m.	1	554th Eng. vs Co. A, 5/7 Cav.
	8:30 p.m.	1	Co. A, 3rd SB vs 90th HRC
	6:30 p.m.	2	HHC, 1/41 FA vs 2-3 BTB
	7:30 p.m.	2	HHC, 26th BSB vs 3rd Sig.
	8:30 p.m.	2	87th CSSB vs Co. G, 1/41 FA
Jan. 12	6:30 p.m.	1	Co. A, 3rd SB vs 554th Eng.
	7:30 p.m.	1	Co. B, 1/41 FA vs 90th HRC
	8:30 p.m.	1	92nd Eng. vs HHC, 1/41 FA
	6:30 p.m.	2	Co. A, 5/7 Cav. vs 3rd Signal
	7:30 p.m.	2	HHC, 26th BSB vs 87th CSSB
	8:30 p.m.	2	2-3 BTB vs Co. G, 1/41 FA
Jan. 15	6:30 p.m.	1	554th Eng. vs 92nd Eng.
	7:30 p.m.	1	2-3 BTB VS HHC 26th BSB
	8:30 p.m.	1	Co. B, 1/41 FA vs Co. A, 5/7 Cav.
	6:30 p.m.	2	Co. A, 3rd SB vs 87th CSSB
	7:30 p.m.	2	3rd Sig. vs Co. G, 1/41 FA
	8:30 p.m.	2	90th HRC vs HHC, 1/41 FA
Jan. 21	6:30 p.m.	1	Co. B, 1/41 FA vs Co. A, 3rd SB
	7:30 p.m.	1	92nd Eng. vs Co. A, 5/7 CAV
	8:30 p.m.	1	554th EN vs 3D SIG CO
	6:30 p.m.	2	HHC 26th BSB vs Co. G 1/41 FA
	7:30 p.m.	2	HHC, 1/41 FA vs 87th CSSB
	8:30 p.m.	2	90th HRC vs 2/3 BTB

2008-2009 MARNE CONFERENCE

Date	Time	Field	Teams
Jan. 5	6:30 p.m.	2	554th Eng. vs Co. A, 26th BSB
	7:30 p.m.	2	Co. B, WTU vs 1/30th Inf.
	8 p.m.	2	1/64 Armor vs. Co. E, 3/69 Armor
	6:30 p.m.	1	Troop B, 5/7 Cav.
	7:30 p.m.	1	Co. A, 1/9 FA vs HHC, 2/7 Inf.
	8:30 p.m.	1	HHC, 1/3 BTB vs Co. A, 1/41 FA
Jan. 8	6:30 p.m.	2	1/64 Armor vs Troop B, 5/7 Cav.
	7:30 p.m.	2	Co. A, 26th BSB vs 3/69 Armor
	8:30 p.m.	2	554th Eng. vs. Co. A, 1/9 FA
	6:30 p.m.	1	1/30 Inf. vs HHC, 2/7 Inf.
	7:30 p.m.	1	Co. A, 1/41 FA vs MEDDAC
	8:30 p.m.	1	Co. A, 1/41 FA vs Co. B, WTU

*More to follow in the next issue of The Frontline.
For more information, contact Mike Hughes at 315-4160.*

2008-2009 HUNTER CONFERENCE

Date	Teams	Times
Jan. 5	Corps of Eng. vs. 3/160th SOAR	6:30 p.m.
	1/3rd Avn. vs. Co. F, 2/3 Avn.	7:30 p.m.
Jan. 6	Co. B, 169th vs. 2/3rd Avn.	6:30 p.m.
	Co. C, 603rd Avn. vs. HHC, 260th QM	7:30 p.m.
Jan. 7	Co. B, 603rd Avn. vs. HHC, 3rd CAB	6:30 p.m.
	Co. A, 603rd. Avn. vs. 24th Ord.	7:30 p.m.
Jan. 8	USMC vs. Co. F, 2/3 Avn.	6:30 p.m.
	473rd QM vs. 3/160 SOAR	7:30 p.m.
Jan. 12	Corps Eng. vs. HHC, 260th QM	6:30 p.m.
	1/3rd Avn. vs. Co. B, 169th	7:30 p.m.
Jan. 13	HHC, 3rd CAB vs. 2/3rd Avn.	
	Co. C, 603rd Avn. vs. 24th Ord.	7:30 p.m.
Jan. 14	Co. B, 603rd Avn. vs. Co. A, 603rd Avn.	6:30 p.m.
	USMC vs. 3/160th SOAR	7:30 p.m.
Jan. 15	Co. F, 2/3 Avn. vs. Co. B, 169th	6:30 p.m.
	473rd QM vs. HHC, 260th QM	7:30 p.m.
Jan. 19	1/3rd Avn. vs. HHC, 3rd CAB	6:30 p.m.
	Corps of Eng. vs. 24th Ord. Co.	7:30 p.m.

Hunter Conference Standings

Team	Won	Loss	Percentage
Co. B, 60rd Avn.	3	0	1.000
Co. A, 603rd Avn.	2	0	1.000
HHC, 260th QM	1	0	1.000
473rd QM	1	0	1.000
HHC, 3rd CAB	2	1	0.666
USMC	2	1	0.666
Corps of Eng.	1	1	0.500
2/3 Avn.	1	1	0.500
3/160th SOAR	1	2	0.333
Co. B, 169th	0	1	0.000
24th Ord. Co.	0	2	0.000
1/3rd Avn.	0	2	0.000
Co. C, 603rd Avn.	0	3	0.000